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Bangalore Mirror

TEMP Max 26 | Min 20 | Humidity 66% Mostly Cloudy Sensex 81,709 | Nifty 24,677 | Gold 76,655 | Silver 92,453 | Dollar 84.67 | Euro 89.48 | GBP 107.89

TUNNEL VISION

BBMP seeks to take out Rs 19,000-crore loan to build 18.5-km tunnel road from Hebbal to Silk Board

PAGE 4

CLEAR THE COAST

With more than 40% of K'taka's coast eroded, govt plans 170 projects at Rs 556 crore to save our shores

PAGE 6

Special crackdown results in 43 cases of wheeling; traffic police point to youngsters' lethal desire to find fleeting fame on social media as main driver of illegal stunts

LOOK MA, NO WHEELS

Numerous complaints received in person and online

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When the Kamakshipalya Traffic Police apprehended a rider around 10.45 am last week for performing dangerous stunts on his two-wheeler, they had no idea it was going to end up in a major crackdown. What initially seemed like a routine traffic violation soon resulted in the rounding up of many more wheeling offenders, thanks to the offender's mobile phone.

"When we checked his phone, we discovered that he had uploaded multiple videos of his stunts on social media platforms, aiming to impress and gain praise from his peers," said a traffic police official. Upon further investigation, it was revealed that the accused, along with his friends, had performed similar stunts at different locations across the city. After thorough inquiry and the offender admitting that he had indeed performed these stunts, a formal FIR

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PAGE 5
GET REEL, STAY OFF THE TRACKS

"These drives are focused on targeting offenders performing stunts and wheeling, as it's difficult to catch them through routine checks. With the New Year approaching, such activities tend to become a nuisance

— Kuldeep Kumar Jain, Deputy Commissioner of Police, Traffic (East)

Absent, teacher

Pupil-teacher ratio in high schools at 35:1; just 68% of vacancies filled

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A severe teachers' shortage in Karnataka's primary and secondary education sectors is significantly impacting the quality of education in the state. This has also led to a decline in student enrollment in government schools. According to a report by the Indian Council of Social Science Research (ICSSR) under the Right to Education (RTE) cell, Karnataka faces a deficit of 1.41 lakh teachers, making it one of the states with the highest number of vacant teaching positions in India.

The state has 70,915 schools, both government and private, catering to 1.04 crore students from grades 1 to 10. However, with only 3.83 lakh teachers available, the pupil-teacher ratio in high schools stands at 35:1, but only 68% of the required teacher posts have been filled.

PU colleges fare no better

The shortage extends to pre-university colleges, where 12,917 sanctioned posts exist for 1,232 government degree colleges, but only 8,356 lecturers are employed, leaving 4,561 posts vacant. Grant-in-aid colleges face a similar situation, with 4,291 vacant

CONTINUED ON PAGE 4 »

THINGS TO DO

01 Bangalore Lit Fest

Close to 350 international, Indian and city authors and speakers, 5 programme forums, 3 children's venues, stimulating conversations around a breadth of fiction and non-fiction topics, including history, science, biographies, sport, social development, religion, mythology, music, feminism, food, publishing, technology and startups, language, translations, media, economy and a whole host more at Bangalore Literature festival. **Where: Lalit Ashok; When: December 14 and 15, 9 am onwards**

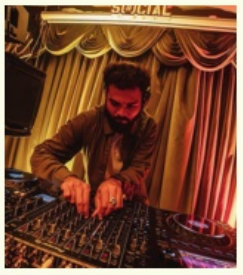
02 Circus entertainment

A world of enchantment, festive wonder, jaw-dropping acts, and non-stop entertainment for the entire family at Olympian circus, from dazzling Christmas dances to gravity-defying gymnasts. **Where: Olympian circus, JP Nagar; When: December 9 to January 5, 4 pm and 7 pm**

03 Qawwali melody

Indian Music Experience Museum presents Kun Faya Kun by KM Sufi Ensemble, which is part of AR Rahman founded K M Music Conservatory, in concert for the first time in Bengaluru. **Where: Prestige Centre for Performing Arts; When: December 15, 6.30 pm**

04 Dance night



Diasporic club collective and record label Discostan has been conjuring past, present and future soundscapes from South and West Asia all the way to the Maghreb. SOCIAL presents Amnap & Friends ft. Discostan(USA), Baalti(USA), Carissa, EBITDA. **Where: Indiranagar SOCIAL; When: December 13, 8 pm onwards**

Polio survivor becomes leading sport climber

Champion Manikandan Kumar has won gold in 3 world championships in 2024 alone and is now eyeing Olympics

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Manikandan could be India's best chance to grab an Olympic Gold in LA 2028

Manikandan Kumar, a 38-year-old resident of Malleswaram, has had polio since the age of five. Despite this, his journey has been nothing short of inspiring. He is now an undisputed World Champion, having won gold in three World Championships in 2024. This year, the Olympic Committee also announced the inclusion of sports climbing (Paralympics) in the LA28 Games.

He is India's first poster boy of the Olympics news for sport climbing and has won gold 7 times (latest in June 2024 at Austria), 10 silvers, and 3 bronzes in over 22 World Competitions. Manikandan could be India's best chance to grab an Olympic Gold in LA 2028.

A school adventure trip launched Manikandan into sport climbing and a stream of victories in over 29 world championships. His breakthrough came when despite being 8th, he was declared "the best climber while competing against able-bodied athletes in the national sport climbing championship held in Bangalore in 2003. As a part of a rock-climbing documentary in 2002, when asked about future goals in climbing, Manikandan spontaneously said, "to become a world champion one day," and this fuelled Mani to chase his dream, a journey that has no stopping.

Coming from a humble family background, Manikandan grew up in a situation where poverty was a constant struggle. Making ends meet was a daily challenge, and contributing financially to his parents, who had a modest income, seemed almost impossible. His parents were understandably more concerned about his future. Despite being afflicted by polio at a young age, Mani remained determined to pursue his dream. He competed in state, zonal, and national-level competitions, often facing able-bodied climbers, all while overcoming his significant challenges.

> **"I hope the Sports Ministry of India will soon include me in the Top Olympic podium schemes to help me prepare for the Olympics.** – Manikandan

Pursuing the sport at the highest international level has been an incredibly tough journey for Manikandan, compounded by limited and inconsistent financial support, barely enough to cover his basic needs. His income as an outdoor instructor earned between competitions was just enough to make ends meet and occasionally scrape together enough funds for international events. Sometimes, government funding helped, but it was rarely sufficient to fully cover the costs.

Manikandan said, "I've been supported by SJS enterprises, and I'm really grateful for the kind of support I've received so far. Now the stakes are really high, and it's very important to secure guaranteed funding leading up to the LA Olympics in 2028. It's never been easy to get funds from the government, and I hope the Sports Ministry will soon include me in the Top Olympic podium schemes to help me prepare for the Olympics."

Speaking about the need for training in different countries, he said. "At the moment, we do not have the facility that'll help us train well, but I hope in the future our country will be able to provide infrastructure. I am in urgent need of a good amount of financial support from the government and private sponsorship to cover the cost of travel and training and to not worry about looking for sponsorship for the competitions from now onwards."

He added, "Currently, I'm planning to travel to Europe and Asian countries to train well and start preparing to compete at all the international events and gain the crucial experience that'll help me tackle the problems well to perform my best at the Olympics. Competing at the 2028 Olympics in LA and winning the Olympic Gold medal is going to be the proudest moment for me and the entire climbing community in India."

Sports meet brings joy to around 500 vulnerable children

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Marking World AIDS Day, the Champion in Me Inclusive Athletic Sports Meet 2024, held at Baldwin Boys' High School, Richmond Town, on Sunday, brought together more than 500 vulnerable children from 18 support and care centres, community networks, orphanages, foster homes, and NGOs, enabling children to mainstream society without any discrimination. Nivedith Alva, the son of former Union Minister and Governor Margaret Alava, Angel Mary, the principal of Baldwin Boys' High School, and Bansy Kalappa, a journalist, inaugurated the event.

Children who participated in the event were thrilled to have an opportunity to showcase their talent. "I got third place in the 100 metres. I expected to win the first prize but ended up in third position. I represented the country in the International Children's Games held at Alkmaar, Netherlands in 2015," said Manik Prabhu from Bidar. Mallavva, an HIV positive from Belagavi, said that she won the second prize in 200 metres and the third prize in 100 metres. "I am HIV positive by birth. I have been working as a real estate agent," said Mallavva.

Bharathi S, an HIV positive working at a garment factory situated at Bommanahalli, won the first prize in 200 metres and second prize in 100 metres in the 19 to 25 years category. "I am happy to participate in the event," Bharathi said. Padma C, a BA student from Raichur, shared that she too is HIV positive by birth. "I want to become a teacher after completing graduation. I won the first prize in 100 metres," said Padma. Expressing happiness for being part of the team that organised the event, Vijayakumar B, a teacher residing at Hosa Road, said that he has been associated with Champion in Me. "Today we organised the 12th edition of the Champion in Me," said Vijayakumar.

Winners are seen with trophies at the sports meet held on Sunday for vulnerable children in Bengaluru

Champion in Me emerged as the pioneering state and national programme that uses sports, education, and skill development to empower children and youth born and living with HIV/AIDS. Conceptualised and initiated by Bangalore Schools Sports Foundation Since its inception in 2009, Champion in Me, has become the first of its kind inclusive sports programme in the country, designed to help vulnerable children and youth uncover their potential, foster healthy development, and combat stigma and discrimination, and enable them to mainstream society.

> **"I want to become a teacher after completing graduation**
> – Padma C, BA student, HIV positive by birth

Meanwhile, Elvis Joseph, founder director of Bangalore Schools Sports Foundation, said that over the last 15 years Champion in Me has grown to be the only inclusive sports programme for vulnerable children in the country, eradicating stigma and discrimination. "We appeal that the Health Ministry, Joint United Nations Programme on HIV/AIDS (UNAIDS), National AIDS Control Organisation (NACO), Karnataka State AIDS Prevention Society (KSAPS) should recognise this incredible programme and enable more lives of children and youth living with HIV," he added.

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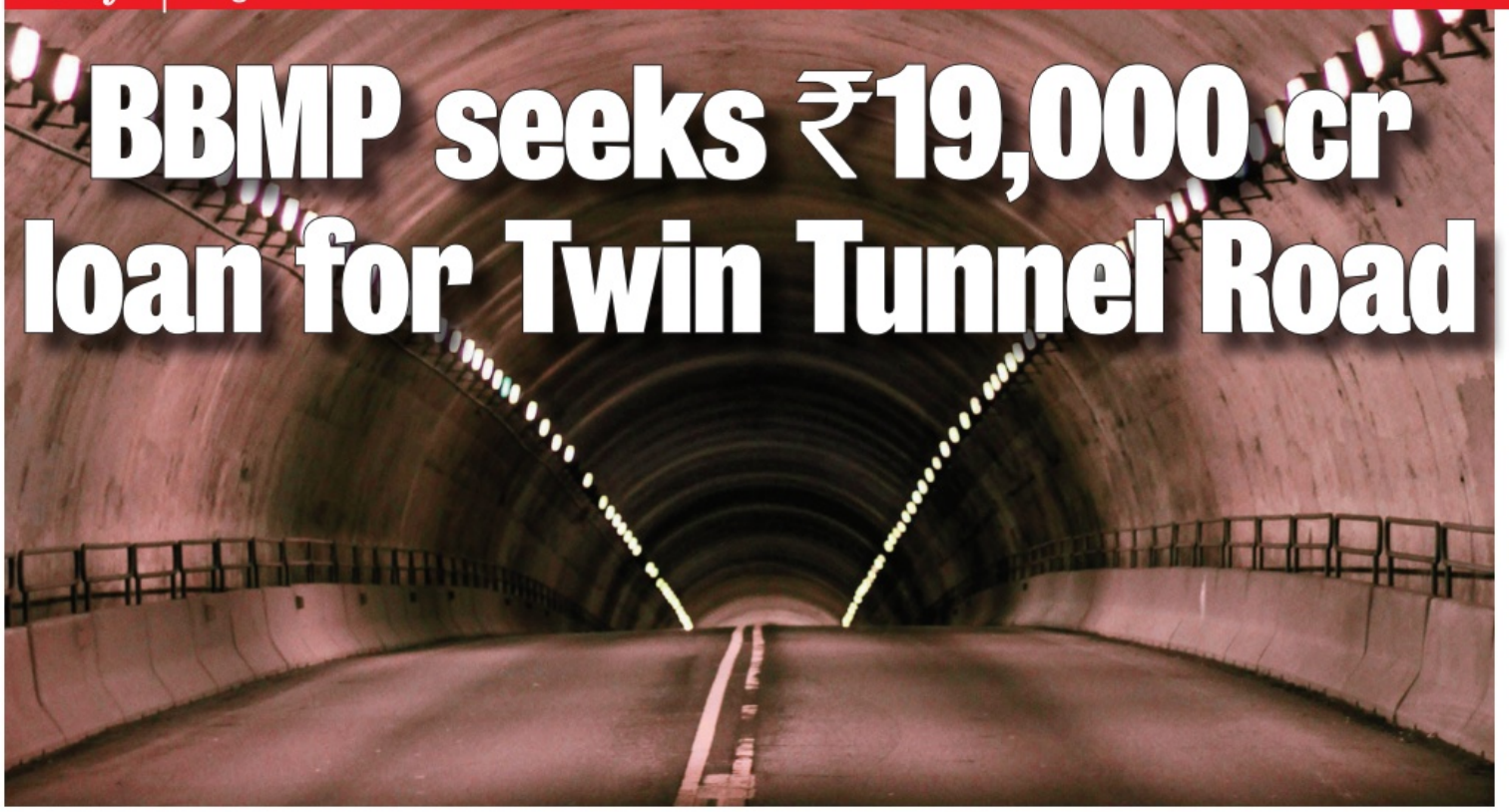

BBMP seeks ₹19,000 cr loan for Twin Tunnel Road

Palike plans to borrow funds for 18.5 km tunnel road from Hebbal to Silk Board, aiming to ease Bengaluru's traffic with toll-based access for faster commute

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In a bid to execute the tunnel project, the cash-strapped Bruhat Bengaluru Mahanagara Palike is planning to borrow Rs.19,000 crore with a guarantee from the state government to construct an 18.5 km-long twin tunnel road, named the "Bengaluru Twin Tunnel Project." The road will connect Esteem Mall Junction in Hebbal to Silk Board Junction near KSRP. The project aims to create a north-south corridor to improve traffic flow and reduce congestion.

An official said, "A detailed project report (DPR) has already been prepared, and BBMP is inviting financial institutions and banks to submit "Expressions of Interest" and financial bids for funding. Institutions participating in the bidding process must be registered with the RBI (Reserve Bank of India) or relevant authorities and have a minimum of five years of experience in lending. The state government will guarantee the loans raised by BBMP." While decisions regarding mortgaging assets as security for the loan are yet to be finalised, BBMP has clarified that the repayment terms will be flexible, with no prepayment penalties. BBMP will draw funds based on project requirements, with the first instalment expected after April 1, 2025, and full disbursement by December 31, 2027.

Bidding timeline and interest rates

Financial institutions interested in investing in the project must submit their proposed loan amounts and interest rates by December 19. A pre-bid meeting will be held on December 16 at the BBMP Special Commissioner's office to address queries, and institutions can seek clarifications from December 9 to 11. The final bids will be submitted in sealed envelopes by 4 PM on December 19.

Key features of the Twin Tunnel Road

An official added, "The proposed twin tunnel road will span 18.5 km, beginning at Esteem Mall Junction in Hebbal and traversing key locations such as Mehkri Circle, Palace Road, Golf Course Road, Chalukya Circle, Cubbon Park, KH Road, Lalbagh, and Jayanagar before culminating at Silk Board Junction. Designed with strategic access points, the tunnel will have entry and exit locations at Esteem Mall Junction,

> **"Toll system will be implemented for vehicles using road, which features 3-lane bottom deck and 2-lane upper deck to facilitate traffic** – Official

Palace Road, Golf Course Road, Ashoka Pillar in Jayanagar, and Silk Board Junction. A toll system will be implemented for vehicles using the road, which features a three-lane bottom deck and a two-lane upper deck to facilitate unidirectional traffic flow. The tunnel road is designed to accommodate vehicle speeds of 35-40 km/h, promising to drastically reduce travel time across the city while easing congestion on surface roads. This landmark infrastructure project is poised to redefine urban mobility in Bengaluru."

43,133 primary teacher positions need to be filled urgently

CONTINUED FROM PAGE 1

positions. The student-teacher ratio in CBSE schools is 45:1 for grades 11 and 12, but in Karnataka, this ratio spikes to 360:1, severely affecting the quality of education. Reacting to this, AH Ningegowda, President of the Karnataka State Pre-University College Lecturers' Association said, "Karnataka must address the lecturer shortage to prioritise quality education."

Infrastructure Woes

Educationists said that the state also struggles with deteriorating school infrastructure. "As many as 3,819 school buildings are in a dilapidated condition. The government allocated Rs.850 crore in this year's budget for repairs, following Rs.600 crore spent in 2023-24. However, funding constraints continue, prompting reliance on Corporate Social Responsibility (CSR) funds for maintenance. Consequently, government schools have witnessed declining student enrollment, with only 42.92 lakh students enrolled across 46,757 schools. Although English-medium sections were introduced to attract more students, the numbers have not improved significantly," said an educationist.

Administrative burden

Sources said that the teachers face the added burden of non-teaching duties such as overseeing mid-day meal schemes and distributing eggs, which hampers their ability to focus on academics. Reducing this workload could help teachers dedicate more time to teaching, leading to better outcomes. Dr VP Niranjan Aradhya, an education expert, stressed the urgency of filling the 43,133 vacant primary teacher positions, with another 34,807 set to retire by 2028-29. He called for immediate action to fill these posts to prevent an 80,000-strong vacancy backlog.

As per the ICSSR report, in 6,400 government schools, a single teacher manages all classes, and nearly 23,000 government schools have fewer than 50 students. Alarmingly, an estimated 39,000 teachers are set to retire by 2028. Although the recruitment of 15,000 teachers was initiated, only 13,000 have reported to their respective schools, providing minimal relief. In 2019, out of 10,565 advertised posts, only 3,000 were filled. Despite repeated assurances from School Education and Literacy Minister S. Madhu Bangarappa about hiring 10,000 new teachers, no official notification has been issued. To manage the crisis, the department currently employs 45,000 guest teachers across schools.

Key recommendations

Educationists have put forth key recommendations to tackle the education crisis stressing the urgent need for regular recruitment drives to address the significant teacher shortage. "Allocating special funds for the repair of dilapidated school buildings is equally critical to ensuring a safe and conducive learning environment. There is a need to adopt the Kerala's model, where the neighbouring state has dedicated Rs.10,000 crore over five years to enhance basic infrastructure, including laboratories and computer facilities in schools, setting a benchmark for holistic educational development," said an educationist.

Beyond these measures, other pressing concerns demand attention, the educationist said. "Kannada-medium aided schools continue to receive insufficient grants, while many institutions lack adequate drinking water and sanitation facilities. The absence of English-medium schools in certain regions further limits options for students seeking contemporary education standards. Moreover, a considerable number of schools still do not meet the basic infrastructure requirements mandated by the Right to Education (RTE) Act, keeping quality education out of reach for countless students," said the educationist.

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Neglected roads

Mahadevapura

The condition of Mahadevapura Ring Road near Nester Raga Apartment in Ward No 81 has remained neglected for over a year, with no noticeable efforts by the authorities to resolve the issue.

Drainage crisis

Narayanapura

For the last three weeks, overflowing drainage on K Narayanapura Main Road has left the streets foul-smelling, with authorities yet to take any action to address the problem.

Tile troubles

Kammanahalli

The pavement on Kammanahalli Main Road, directly opposite Sukh Sagar Hotel, was dug up a year ago, and the tiles have not yet been replaced, causing considerable inconvenience to pedestrians.

Railways hits brakes on risky reel trends

Railways adopts zero-tolerance policy against dangerous social media stunts on trains and platforms; FIRs will be filed as part of efforts to ensure safety & prevent disruptions

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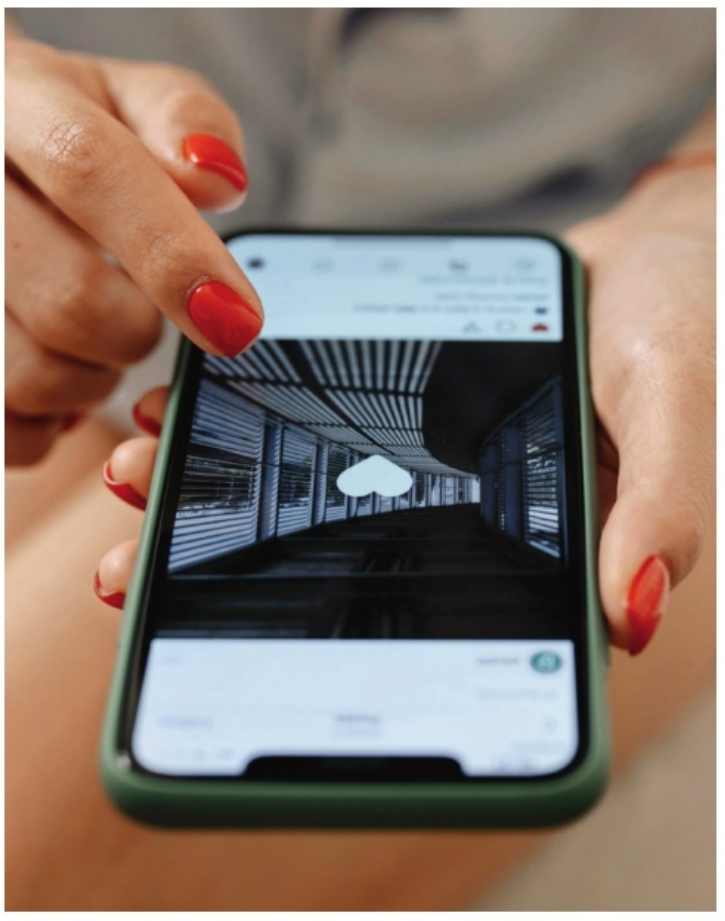
The railways have decided to adopt a zero-tolerance policy against people performing dangerous stunts for social media reels on railway premises. A senior railway official said, "In an effort to raise awareness and curb the practice, the Railway Protection Force (RPF) has been instructed to educate the public and take necessary action against those involved. There is an increasing trend of people filming reels on platforms and in moving trains, highlighting that these reckless actions not only endanger lives but also damage railway property and disrupt train operations. Besides awareness campaigns, we are also using their social media platforms to spread the message."

There have been alarming incidents in the past, such as a man driving his SUV onto railway tracks in Rajasthan, prompting an approaching train's loco pilots to apply emergency brakes. In Mumbai, another individual was seen sliding across a platform as a live train passed by. In response to these incidents, the Railway Board has directed all its zones to file FIRs against anyone creating reels that pose a threat to the safety of rail operations or inconvenience passengers. The Board emphasised that such actions not only jeopardise lives but also undermine the safety of hundreds of passengers.

A senior railway official said, "The growing trend of creating dangerous stunt reels on railway tracks and within moving trains poses a serious risk to public safety and undermines the integrity of rail operations. Such actions, driven by the desire for social media fame and viral attention, have crossed the line from harmless entertainment to life-threatening behaviour. By engaging in these reckless acts, individuals not only jeopardise their own lives but also endanger hundreds of passengers who rely on the safety of the railway system for their daily commute. The safety of the railways, once compromised, can lead to catastrophic consequences, including accidents, disruptions in services, and extensive damage to public property."



Railway Board directs FIRs against dangerous social media stunts

> **Growing trend of creating dangerous stunt reels on railway tracks and within moving trains poses serious risk to public safety & undermines integrity of railway operations** –Railway official

Another official added, "To stop this dangerous trend, a multi-faceted approach is required. First and foremost, there must be increased awareness campaigns aimed at educating the public, especially young people, about the risks involved in such activities. The railway authorities should partner with educational institutions, conduct workshops, and leverage social media platforms to send strong messages about the severe consequences of such behaviour. Secondly, there needs to be a stronger law enforcement presence to deter potential offenders. The Railway Protection Force (RPF) must be proactive in identifying and apprehending individuals who engage in these dangerous acts, with appropriate legal consequences. The directive to file FIRs against offenders is a step in the right direction, but it should be reinforced with stricter surveillance and monitoring on platforms and trains. Finally, social media platforms also have a role to play in curbing this issue. They should work with railway authorities to detect and remove content that glorifies unsafe behaviour. By collectively addressing this issue through education, enforcement, and cooperation with social media, we can safeguard lives, and maintain the integrity of railway operations for all passengers."

Nurse files complaint against friend

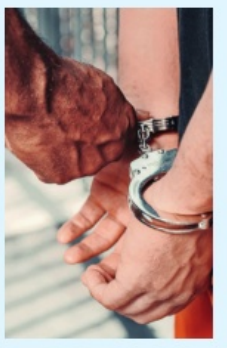
A sexual assault victim, on Friday, filed a complaint seeking legal action against her male friend for blackmailing her with private videos and demanding sexual favours.

The 26-year-old nurse, who was working under a private firm back in 2019 had met the accused. While she was attending a gathering in which the accused invited her, he served her tea mixed with sedatives. Due to this, she fell unconscious and the accused sexually assaulted her and recorded the same. He then started to blackmail her that he would post those videos online and demanded sexual favours.

The victim later demanded him to marry her for which he humiliated her. The victim, unable to bear the harassment, filed a complaint at the High Grounds police station. Further investigations are underway.

Offender caught after decade

A 33-year-old habitual offender was arrested by the Halasuru gate police on Sunday. According to the police, the habitual offender was on the run for the last 10 years.



The accused identified as Asif was working as an auto-rickshaw driver with a fake identity. He earlier used to steal high-end bikes and commit house robberies.

A team of police tracked him down after keeping an eye on him for two months. The accused has involvement in six criminal cases and has been on the run since 2014 after he had jumped bail.

Traffic park: Teaching kids rules through fun rides

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The Bal Bhavan Society has established a traffic park at the Bal Bhavan campus in Cubbon Park to educate children about traffic rules and road safety during weekends.

The idea for the traffic park was first proposed by former Minister for Women and Child Development CC Patil during the Silver Jubilee celebrations of the Bal Bhavan Society in November 2010. However, the project did not progress at the time due to unexplained reasons. According to sources, the development of the traffic park began a month ago on a 1.5-acre site within the Bal Bhavan premises.

After a gap of more than 14 years, the proposed traffic park became a reality with Bal Bhavan chairman BR Naidu inaugurating it recently. The traffic park has eight battery-operated cars and two two-wheelers for the benefit of children who want to know about road safety and traffic rules while riding those battery-operated vehicles. The entry fee is Rs 30.

> **Traffic park has 8 battery-operated cars and 2 two-wheelers, providing children engaging way to learn about road safety. Entry fee is Rs 30**

Parents who visited Bal Bhavan on Sunday appreciated the Bal Bhavan Society for inaugurating the traffic park. "I appreciate the management for taking this initiative. I came to Bal Bhavan along with my son from JP Nagar. I will encourage my son to know the road safety and traffic rules at the traffic park. I think that our children should and must follow traffic rules not only for their safety but also others' safety," said Karthik K, a resident from JP Nagar.

Terming the traffic park as a good idea, Shafiulla M, a resident from Madiwala, said that he came to Bal Bhavan with his two sons. "It will help children to know road safety and traffic rules while enjoying rides on battery-operated bikes and vehicles," said Shafiulla.

Speaking with Bangalore Mirror, Bal Bhavan Society Chairman, BR Naidu said the traffic park was developed to instil traffic rules and road safety among children who visit Bal Bhavan. "The work on Science Park is in progress. Preparations are on to introduce some more facilities for the benefit of children. Children will learn traffic rules and road safety while riding battery-operated bikes and vehicles," said BR Naidu.

BR Naidu, Chairman of Bal Bhavan Society inaugurating traffic park at Bal Bhavan, Cubbon Park.

170 projects costing ₹556 cr to protect Karnataka coast

While more than 40% of Karnataka's coast is eroded, state makes a 5-year plan to protect it from further erosion

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Trees uprooted at Sasihithlu beach near Mangaluru (File photo)

Karnataka has proposed to implement as many as 170 projects with a total expenditure of nearly Rs 556 crore over the next five years to protect its coastline from erosion. The money will be spent to protect 33.34 kilometres of the state's coastline, according to a recent report by the Central Water Commission. In the last 10 years, a total of 60 coastal protection works were implemented by the state government, costing nearly Rs 872.63 crore, thus claiming to protect more than 54 km of coastal length.

While Karnataka has a total coastline of 318.80 kilometres, more than 40 kilometres (12.61%) is under erosion. Moreover, the total area that has eroded between 2004-06 and 2014-16 is about 72 hectares. The report underlines that various economic activities in the coastal area of the state have led to significant economic growth and generated employment and livelihood. However, beach erosion poses a significant challenge in certain sections along this stretch.

It also highlights the issue of increased salinity of water sources leading to soil degradation, vegetation loss, and water unsuitable for drinking and agricultural use.

"Coastline, stretching across Uttara Kannada, Dakshina Kannada, and Udupi districts, has unique geological formations and climatic conditions have led to significant challenges, including an increase in salinity levels in water sources, adversely impacting agricultural lands and water quality for local communities," noted the report. These aspects were also highlighted in a state-level meeting held with the Central Ground Water Board (CGWB) in April this year. Experts and agencies participating also discussed the issue of overexploitation of groundwater in coastal areas of the state.

> **"Sea-level rise exacerbates this issue by elevating coastal water levels, putting pressure on freshwater systems**
>
> – CWC Report

The Board stated that groundwater plays an important role in the management of coastal areas, where excess extraction of groundwater can cause a reversal of flow and salinity ingress issues due to events such as high tides and cyclones. These challenges, combined with other human activities and climatic changes, threaten coastal ecosystems and communities in Karnataka, thus identifying and mapping vulnerable areas is urgently needed to understand the scope of the problem scope.

Excess groundwater extraction reduces freshwater availability, facilitating seawater intrusion into aquifers or groundwater tables.

"Additionally, sea-level rise exacerbates this issue by elevating coastal water levels, putting more pressure on freshwater systems, and allowing seawater to infiltrate further inland. Sustainable water management practices and adaptation strategies are vital to mitigating salinity ingress, preserving freshwater resources, and safeguarding Karnataka's coastal regions," noted the CWC report.

Panel to probe maternal deaths in state

The Karnataka government on Sunday formed a four-member panel to probe the maternal deaths in Ballari hospital and elsewhere in the state. The government said the Karnataka Skill Development Corporation Managing Director M Kanagavalli, Assistant Drug Controller Venkatesh, Microbiologist in the Bangalore Medical College Dr Aseema Banu and a senior pharmacology professor nominated by the Rajiv Gandhi University Health Sciences Vice-Chancellor.

The terms of reference of the panel is to analyse the sequence of events beginning from the time of issue of the purchase order for the 196 batches of Intravenous Fluid Ringer Lactate till November 30, 2024 and to report any procedural lapses at the Karnataka State Medical Supplies Corporation (KSMSCL).

The verification team should also inquire

> **The verification team should also inquire into the role of all officers at KSMSCL to fix responsibilities for the lapses, the order said**

into the role of all officers at KSMSCL to fix responsibilities for the lapses, the order said.

The panel will also verify the existing procedures at KSMSCL and identify gaps in terms of the existing standard and good practices concerning the procedure of empanelment of labs, testing of the samples, discarding of the batches or the entire supply depending on the Not of Standard Quality (NSQ) reports and report about the compliance of established or absence of standard process. The order said the panel will also compare the good practices of states like Tamil Nadu and Rajasthan pertaining to drug procurement, quality testing, and reporting of adverse effects with the existing practice at KSMSCL.

The Vice Chancellor of the RGUHS or representative will have to give suggestions for an effective Standard Operating Procedure (SOP) in place for Public Health Facilities. **–PTI**

NOTES FROM THE FIELD

CM turns teacher

Forget textbooks—Chief Minister Siddaramaiah recently taught students the importance of the Constitution. The CM donned the teacher's hat during an event at his official residence, where over 50 students from across the state had gathered. The occasion? A prize distribution ceremony for winners of the "Reading the Constitution" competition, organised by Karnataka Trust as part of the "Constitution Literacy Campaign." Siddaramaiah captivated his young audience with an hour-long session on the essence, importance, and relevance of the Indian Constitution.

Silent or violent

Rebellion has been brewing in BJP for a while and hence to quell the revolt, the High Command summoned the rebel leader Basanagounda Patil Yatnal to Delhi. When asked about the High Command's directive, Yatnal said, "Delhi leaders have advised everyone to stay permanently silent for now. If I stay silent, Ramesh Jarkiholi will turn violent. Jarkiholi has been given a chance this time. Next, someone else will go violent—we've planned it this way. People think Yatnal has gone quiet; let them keep thinking that way! Our fight against the Congress government will continue. Our goal is to bring BJP back to power. The high command has simply asked me to maintain decorum, and I'll do just that."

₹1 lakh donkey for just ₹6,500

In a bizarre twist of fate, 44 donkeys once owned by the now-defunct company were auctioned off for a mere Rs 2.75 lakh. These donkeys, which once boasted a price tag of Rs 1 lakh each, were sold at an average of Rs 6,500 per donkey. The public auction, conducted recently marked a strange end to the once-highly prized Jennymilk donkeys. Back in their glory days, a private company had marketed donkey milk as liquid gold, promising miraculous profits and selling three-donkey units for Rs 3 lakh each.

Civic commissioner faces court wrath

In a dramatic turn of events, Chittapur Municipal Commissioner Dr K Gurulingappa was taken into court custody on Friday for neglecting to clear outstanding payments to landowners who had provided land for solid waste management. Despite a court order to settle the dues, the municipality failed to pay the landowners, prompting the Chittapur Court to issue an arrest warrant against the commissioner. Acting on the order, court official Prakash arrived at the municipality office and escorted Dr Gurulingappa to court. During the hearing, Dr. Gurulingappa cited the municipality's financial woes as the reason for the delay.

Power-sharing rumours

The political cauldron in Karnataka got a stir as rumours of a power-sharing deal between Chief Minister Siddaramaiah and Deputy CM DK Shivakumar made headlines. While Home Minister G Parameshwara quipped, "If two people are sharing power, what's left for the rest of us?" Minister Muniyappa chimed in, claiming he'd heard about the arrangement too. When cornered by journalists, Shivakumar set the record straight—or at least tried to. "There's no oppanda (agreement), no formula, nothing," he insisted, brushing aside the speculation. The CM has his responsibilities, and I have mine."

Twilight time?

During the inauguration of a government school in Chamarajanagar district, an enthusiastic supporter shouted, "You'll become CM for the third time." With a knowing smile, Siddaramaiah replied, "I'm at the twilight of my political journey. In politics, one cannot survive without earning the love of the people." Adding a quirky twist, Siddaramaiah reflected on the superstitions surrounding Chamarajanagar. "Earlier, Chamarajanagar was part of Mysuru district. During B Rachaiah's time, it was bifurcated into two districts. When I was Deputy CM under JH Patel's leadership, I announced Chamarajanagar as a separate district. But here's the fun part: Patel wouldn't visit Chamarajanagar because some MLAs convinced him that doing so would cost him his CM chair. The district was burdened with this bizarre 'CM curse'." Not one to shy away from superstitions, Siddaramaiah declared, "I broke the jinx. I came to Chamarajanagar with Rachaiah and inaugurated the new district. Guess what? I've been CM twice since then—and still going strong. Who says lightning strikes twice? Sometimes, it skips entirely." **— Sridhar Vivan**

Controversies aside, Cong high on bypoll wins

As 10-day Belagavi session begins from today, a look at what we may expect

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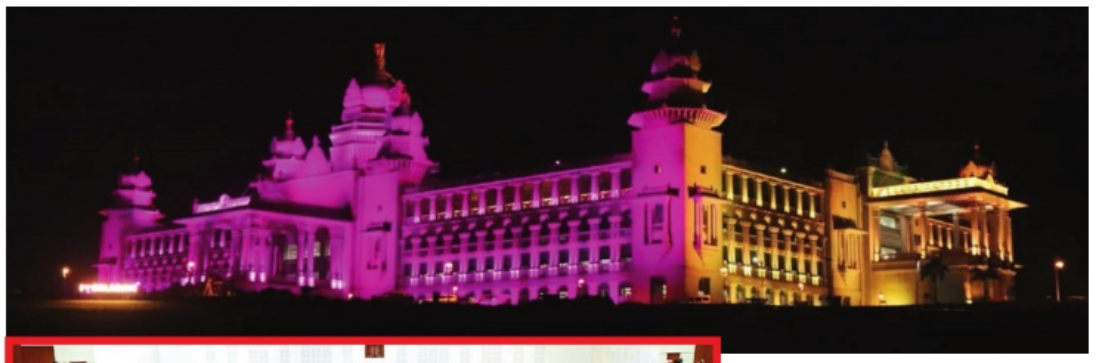

While BJP is expected to raise host of issues such as Wakf property registration dispute, e-khata confusion, ruling party plans to leverage dissatisfaction on opposition ranks

A fully decked Suvarna Soudha on Sunday evening; preparations underway inside the House for the Winter Session

The action shifts from Bengaluru to Belagavi as the northern City gets ready to host the annual winter legislature session. This session holds significant importance as it could either pave the way for meaningful discussions on the development of North Karnataka or turn into a stage for intense political confrontations. The ruling Congress, despite being embroiled in controversies such as the alleged misappropriation of Valmiki Development Corporation funds and other corruption accusations, is riding high on the confidence of its recent by-election victories. On the other hand, the opposition BJP, dealing with its internal discord and factionalism, is gearing up to launch a strong offensive against the government. The JD(S), aligning with the BJP, is also preparing to join the fray.

Sources said that the opposition is expected to raise a series of issues, including the Wakf property registration dispute, e-khata confusion, BPL ration card cancellations, allegations of irregularities involving the Chief Minister's family in the MUDA land scam, and a Rs. 700 crore bribery accusation in the excise department. Notably, the series of maternal deaths in Ballari district hospital is likely to dominate discussions in both houses. The BJP, in coordination with the JD(S), has scheduled a legislative party meeting in Belagavi to prioritise these issues.

Meanwhile, the Congress plans to counter the opposition by leveraging the dissatisfaction within the opposition ranks. A Congress legislative party meeting will strategise on neutralising the opposition's allegations. The ruling party is also preparing to respond to corruption charges by highlighting alleged irregularities during the previous BJP government's tenure, including the COVID-era procurement scandals. The Congress aims to use its recent electoral success as a rebuttal to the opposition's criticisms.

The session is also expected to witness debates on allegations of misuse of central agencies, politically motivated cases against leaders, and power struggles within the BJP, particularly between Vijayendra and Basanagouda Patil Yatnal. Amid this political sparring, questions remain on whether the session will address critical issues such as stalled irrigation projects, deteriorating roads across the state, and the challenges faced by North Karnataka.

Key bills

The session may also see tabling of five bills, three private bills, and two replacement bills for existing ordinances. According to Karnataka Assembly Speaker UT Khader, the bills to be introduced are the Karnataka University (Amendment) Bill, the Basavana Bagewadi Development Authority Bill, the Rural Development and Panchayat Raj University (Amendment) Bill, the Karnataka Labour Welfare Fund (Amendment) Bill, and the Karnataka Tourism Ropeway Bill. Additionally, two ordinances—the BBMP (Amendment) Ordinance and the Karnataka GST (Amendment) Ordinance—will be replaced with formal bills.Speaker Khader also announced that three private member bills have been approved. These include Darshan Puttannaiah's bill addressing climate change in Karnataka, MY Patil's Gangapur Dattatreya Development Authority Bill, and HK Suresh's bill focuses on the Belur-Halebidu Region Development Authority.

To ensure the session proceeds smoothly, 8,500 personnel, including 6,000 police officers, along with 2,500 government officials and staff, have been deployed. The session will also feature a special photo exhibition commemorating the centenary of the historic Belgaum Congress session presided over by Mahatma Gandhi, along with an inauguration of a picture of Anubhava Mantapa by Chief Minister Siddaramaiah.

Judge's phone snatched

A civil court judge on Thursday registered a complaint with the High Grounds police station after his phone was snatched by two individuals.

The incident occurred at 9.40 pm when the civil court judge was having a walk on Crescent Road. According to the complaint, two strangers approached him on a two-wheeler and snatched his phone and fled the scene.

The police are now investigating using CCTV footage from various spots to track down the accused. Further investigations are underway.

-BMB

ISRO probe to peer at Sun

ISRO's successful launch of European Space Agency's (ESA) Proba-3 satellites onboard PSLV-C59 rocket is a 'groundbreaking mission' and would significantly advance the understanding of Sun's corona and solar wind, a former ISRO scientist said.

According to P V Venkitakrishnan, former director of Capacity Building Programme Office, ISRO headquarters, the 'innovative design and advanced technologies' used in the mission would pave the way for future space weather forecasting and solar physics research.

"This mission is a collaborative effort between the European Space Agency (ESA) and the Indian Space Research Organisation. Proba-3 is a pioneering mission designed to explore the Sun's corona, the outer atmosphere of the Sun", he told PTI.

It aims to study the Corona, which is hotter than the Sun's surface, and explore the solar wind which is a stream of charged particles emanating from the Sun, Venkitakrishnan said.

-PTI

CORRIGENDUM

In the Bangalore Mirror edition dated December 8, an image of Anjana S was mistakenly taken in one of the Tap the Chatter responses. It was an inadvertent error and is truly regretted.

No regrets, but announcing retirement 'no easy decision'

Former Indian footballer Sunil Chhetri opened up on the time when he announced his retirement from international football and said that it wasn't an easy decision for him.

Earlier in 2024, Chhetri announced his retirement from the Indian national team. His last game for the country was against Kuwait in the FIFA World Cup Qualifier match at the iconic Salt Lake Stadium in Kolkata on June 6.

Sunil Chhetri is considered one of the best footballers India has ever produced. The stalwart Indian footballer made his international debut and scored his first goal for the Indian National Team in 2005 against the arch-rivals Pakistan in Quetta.

As per Olympics.com, the football legend was first named as the Indian captain during the 2012 Asian Football Confederation (AFC) Challenge Cup Qualifiers.

Speaking in an exclusive interview with ANI, Chhetri said that it hit him a few days before his last international game against Kuwait in the FIFA World Cup Qualifier match.

The 40-year-old added that he has no regrets about his decision since majority wise he made the right decision.

"It hit me a few days before the game against Kuwait. It hits me now but I knew this was going to happen because this wasn't easy. But no regrets because I think majority wise I took the right decision," Chhetri said.

The stalwart Indian footballer added that he felt relief after announcing his retirement since he wanted to announce it before the FIFA World Cup Qualifier match against Kuwait.

Chhetri said that it was 'difficult' for him before his final match for the Indian National Team.

"I felt relief because I genuinely wanted to announce it before the game happens (against Kuwait). At the time I think I thought that I owe this to whoever is a fan. You know, I want to tell them This is what I've decided. It's going to be my last game. After that, I felt relief For like few days. But then from that moment to one month where the game was supposed to happen It was difficult man," he added.

Sunil Chhetri of BFC scores a hat trick as Bengaluru win 4-2 against Kerala Blasters football club at the ISL football match at M Chinnaswamy stadium on Saturday

In his final match for the country, India shared points with Kuwait after a goalless draw at the Salt Lake Stadium. Even though Chhetri could not get the back of the net in his final game for India, he played the whole 90 minutes of the match.

The Bengaluru FC striker also opened up on the video where he announced his retirement from international footballer. Chhetri revealed that he shot the video in just one take. He added that everyone present while shooting the video was in tears.

"I'll give you a small background of this video. Generally, when we make videos, you keep half an hour, an hour as, you know, editing, etc. This was one take, 10 minutes, I was out. This whole video was one take. I sat. I spoke out. The one who's making the video. His name is Kunal... And I asked him. Generally when you make a video. You ask. How was it? What happened? What was the mistake? This was. I spoke. He had tears. The cameraman had tears and I was out," he further added.

-ANI

137th birth anniversary

Sree Anukul Chandra Thakur Ji's 137th birth anniversary and the 10th anniversary of Satsang Bengaluru were observed at ITI Grounds, KR Puram. The program was inaugurated by Dr. HM Chandrashekar, Chairman of Silicon City College Autonomous; Gopal B Hosur, Vice President of the Indian Red Cross Society Karnataka and CEO of Chinmaya Mission Hospital; and BH Anil Kumar, former Additional Chief Secretary, Government of Karnataka.

Arvind Limbavali, former minister, and DK Mohan Babu, Chairman of Cambridge Group of Institutions, attended the public gathering. Gopal B Hosur spoke about the influence of spiritualism on mental health, and BH Anil Kumar encouraged the gathering to support each other in life.

Haryana's day at Senior Wrestling event

It was Haryana's day to shine at the Senior National Wrestling Championships 2024 as they clinched a stunning seven golds in the women's category on the final day of the competition at the Koramangala Indoor Stadium in Bengaluru on Sunday.

Having earlier dominated the men's freestyle division, Haryana went the extra mile in the women's field by winning a total of eight of the 10 golds on offer to finish with a mammoth total of 235 points and top the standings with aplomb. The pick among Haryana's multiple gold medallists was Radhika (68kg), who won silver at the Asian Wrestling Championships in April this year. Having received a bye in the opening round, she began her campaign with an emphatic victory by superiority (VSU) against Madhya Pradesh's Anjali Karos, before achieving the same result against Himachal Pradesh's Sonika Kumar in the quarterfinal. **IANS**

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I, BH Govinda Setty S/o B Hanumantha R/o 108/A,18th ma-in, 7th cross, BTM 2nd stage, EWS Colony, Bangalore 560076 have changed my name to Govinda Shetty B H for all purposes.

I, Sandhya Belgavmkar R/O No 1736/A, D Block, 1st D Main, 2nd stage, Rajajinagar, Blr-97 changed my name from Sandhaya Belgavmkar to Sandhya Belgavmkar for all future purposes.

I, Sidharth Subramaniyan Sai Krishnan S/o. Sai Krishnan, Bangalore have changed my name from Sidharth Subramaniyan Sai Krishnan to Sidharth Subramaniyan for all purpose vide affidavit sworn before Notary A.R. Muneer Ahmed dated 03-12-2024

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Relief for home loan borrowers likely only in 2025

For home loan borrowers, 2024 has been a year to forget due to high interest rates. However, things will likely change for the better as the interest rate cycle is expected to turn around, and the year 2025 may see a series of rate cuts bring much-needed relief for home borrowers.

Though RBI has paused the repo rates for the eleventh consecutive time in its bimonthly MPC meeting, many experts believe the interest rate cut cycle will likely begin very soon in 2025.

The central bank has reduced the CRR to address the liquidity concerns in the banking system. "By reducing the CRR from 4.5% to 4%, the RBI has freed up additional funds in the banking system, enabling banks to lend more. This move is expected to lower lending rates, making home and personal loans more affordable for borrowers. Reduced borrowing costs can lighten Equated Monthly

Installments (EMIs), encourage credit uptake, and stimulate sectors such as housing and small businesses, thereby supporting economic growth while easing financial burdens on borrowers," says Raoul Kapoor, Co-CEO of Andromeda Sales and Distribution Pvt Ltd.

If you are a home loan borrower, how soon can you expect your home loan EMIs to come down, and what could be the quantum of interest rate fall? What should you do to maximise your gains in falling interest rate scenarios? Read on to find out.

Demand for rate cut got stronger after decline in GDP growth

GDP growth for the quarter ending September 2024 was 5.4% y-o-y, which is a big disappointment. This fall has strengthened the voices demanding interest rate cuts. However, things are likely to improve soon "Our 100-indicators study suggests that 55% of the economy continues to grow at a positive sequential clip, though last quarter a higher 65% was growing positively. Urban consumption has slowed sharply, explaining much of the slowdown.

We believe rural consumption and higher government spending will lift GDP growth a shade over the next two quarters," says HSBC Research Report.

Rising ination has prevented interest rate fall

India's growth is normalising to more sustainable but still strong levels. "Ination is elevated now, but we expect it to fall from November and dip below 5% by March. Lingering external uncertainty may lead to a shallow repo rate cutting cycle starting February; softer growth will likely spur liquidity infusion sooner, starting 6 December," says the HSBC Research Report.

Inflation likely to subside soon creating room for rate cut

Though ination has risen suddenly, there are signs that it may subside in the coming months. "Core inflation has been kept low by imported disinflation from China and the RBI's credibility, keeping inflation expectations anchored. All said headline inflation is likely to fall to 5.7% in November (from 6.2% in October) and dip under 5% by March," says the report.

"RBI is likely to reduce rates in February policy, once ination starts easing again. 2 out of 6 MPC members voted for a rate cut, which shows that the possibility of a rate cut in February is very high," says Sandeep Bagla, CEO of TRUST Mutual Fund.

How much interest rate cut is likely in 2025

Though RBI has not gone for a repo rate cut in December, the central bank is most likely to do so in coming MPC meetings in 2025. "If and when the USD stabilises or retracts, Emerging Markets such as India may find an opportunity to ease. We expect two repo rate cuts of 25bps over February and April, taking the repo rate to 6%. Our real rate maths suggests that this will be a shallow rate cutting cycle of 50bps," says a report from HSBC Research. However, others expect the rate cut in 2025 to be much bigger than 50 bps. Japanese investment bank Nomura expects the RBI to deliver deeper rate cuts of up to 100 bps in 2025.

By Naveen Kumar, ET Online

Attention-seeking behaviour on the road

CONTINUED FROM PAGE 1

was registered against him. This incident brought to the spotlight a trend where individuals risk not only their lives but also the safety of others on the roads, all for fleeting social media fame. To tackle this growing menace, the Bengaluru Traffic Police have intensified their special drive against wheeling offences. Using social media as a tool, the police are identifying and booking offenders who upload such reckless acts online.

43 cases booked in just 3 days

According to traffic police officials, the drives against wheeling were initiated following numerous complaints received both in person and on social media. These special drives are aimed at tackling offenders performing stunts and wheeling, as routine checks often prove ineffective in apprehending them. During the drives conducted last week, from December 4 to 6, the traffic police registered 43 cases of wheeling.

"These drives are focused on targeting offenders performing stunts and wheeling, as it's difficult to catch them through routine checks. With the New Year approaching, such activities tend to become a nuisance. By initiating checks and taking strict action early on, we aim to create awareness among others and deter similar behaviour," Kuldeep Kumar Jain, Deputy Commissioner of Police, Traffic (East), told BM.

Online infamy

This growing trend reflects on social media. Individuals upload photos and videos of themselves doing bike stunts and wheeling to gain attention. Experts say this happens because they want quick recognition and approval from others through likes and comments.

"Many young people post bike stunts and wheeling videos on social media to chase online fame. The likes, shares, and comments act as rewards, pushing them to take bigger risks. They focus more on impressing their peers and going viral, often ignoring the dangers and legal consequences," said a traffic police official.

HEALTH TIP: Poor hygiene, diet high in sugars or dairy, harsh skin products, or pollutants can exacerbate acne

Egg whites (when applied to the face) help shrink pores, control excess oil, and reduce the appearance of acne

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GET MORE FROM YOUR WALKS

5 ways to make your daily walks even more beneficial

Physical activity doesn't need to be complicated. Even just a brisk, ten-minute daily walk can deliver a host of health benefits – lowering the risk of several diseases, including heart disease, stroke and several cancers.

And by making a few small changes to the way you walk, you can transform this simple everyday activity, making it even more beneficial for your health.

If you're looking to get more out of your walks, here are five ways to supercharge them.

1. Vary your speed

One way to enhance the benefits of walking is to vary your speed. Rather than maintaining a steady pace, try incorporating intervals of faster walking followed by slower recovery periods. This technique, known as interval walking, can improve cardiovascular fitness more effectively than walking at a constant speed.

In one study conducted over a four-month period, alternating three minutes of fast walking with three minutes' walking at a moderate pace showed greater improvements in blood sugar control and fitness levels in adults with type 2 diabetes than those who walked at a steady pace for the same time period. Interval walking also lead to reductions in body fat and better overall physical endurance.

To incorporate this into your daily walks, try picking up your pace for a few minutes, then returning to your normal speed. Repeat this cycle throughout your walk to elevate your heart rate and burn more calories.

2. Pick up the pace

Walking faster not only gets you to your destination sooner but also provides greater health benefits.

Data analysed from over 50,000 walkers found that a pace of at least five kilometres per hour (about three miles per hour) was associated with a reduced risk of death from any cause – including a significantly lower risk of death from cardiovascular disease and cancer.

Researchers have also shown that increasing your walking speed can improve heart health and aid in weight management.

If you're unsure about your pace, aim to walk at a speed where you're breathing harder but can still hold a conversation.

> **Even just a brisk, 10-minute daily walk can deliver a host of health benefits – lowering the risk of diseases, including heart disease, stroke and cancers**

3. Add some weight

Carrying extra weight while walking can increase the intensity of your workout. By wearing a weighted vest or backpack, it forces your muscles to work harder – boosting strength and burning more calories.

If you're keen to give this a try, it's important to start with a light weight to avoid strain or injury. Ideally, you should begin with a vest or backpack that's about 5% of your body weight. So someone who weighs around 80kg could start by adding just 4kg of extra weight to their backpack. Gradually increase the amount of weight you carry as you become more comfortable. Ensure the weight is evenly distributed and maintain good posture throughout your walk.

4. Incorporate climbs

Adding inclines to your walk can make a significant difference.

Walking uphill or climbing stairs engages different muscle groups, particularly in your legs and glutes compared to walking on flat terrain. This not only increases strength, it also burns more calories since uphill walking increases the intensity of your workout – without actually needing to walk faster.

Plus, walking downhill on your return also improves muscle function and balance as well.

5. Mindful walking

Walking isn't just beneficial for your physical health – it can also improve your mental wellbeing.

Mindful walking is one way of doing this. This involves paying close attention to your movements, breathing and surroundings. Research has shown that people who regularly did mindful walking for a month saw reductions in their stress levels, as well as improved mood and overall mental health. To give mindful walking a try, start by focusing on the sensations of each step, the rhythm of your breath and the sights and sounds around you. This not only boosts your mental health but can also make your walks more enjoyable.

How to get started

Enhancing your walk doesn't require drastic changes, but there are some things to keep in mind to stay safe, lower the risk of injury and maximise benefits:

Warm up and cool down: Begin with a few minutes of easy walking to warm up your muscles. End your walk by slowing your pace and finish with some gentle stretches to cool down.

Wear proper footwear: Choose comfortable shoes with good support to prevent injuries.

Stay hydrated: Bring water, especially on longer walks or in hot weather.

Listen to your body: If you experience pain or discomfort, slow down or take a break.

Gradually increase intensity: Whether you're adding weight, tackling hills or increasing speed, do so gradually to allow your body to adapt. Do a little more each time to see how you feel.

(By Jack McNamara, University of East London, The Conversation)

All you need to know about...

Bloated belly

Know your type
The first step to flattening your jelly belly is to figure out its type. Before throwing yourself into a heap of sit-ups and crunches, figure out your belly type as there's no one-size-fits-all solution to getting washboard abs.

Bloated tummy
If you wake up with a flat stomach but go to bed with a swollen one, you're probably suffering from bloating. This is caused by sluggish bowels, a poor diet, food intolerance or eating too quickly (you end up swallowing too much air). The solution is to make a note of what bothers your tummy and avoid this to see if it leaves you looking any flatter.
Keep your bowels healthy, eat plenty of fibre-rich foods (wholemeal bread, pasta, fruits, and vegetables), chew thoroughly and drink around two litres of water a day to aid digestion.
Eat three medium-sized meals with healthy snacks in between.

Stress tummy
Too much stress can also give you a fat stomach.
Higher stress levels mean a lot of cortisol, which dumps fat all over your stomach. To slim down, you need to calm down.
A stress tummy is easy to identify – women who have them tend to have slim arms and legs but a little swollen tummy. Besides cortisol, stress causes you to make the wrong food choices and thereby making you fat.

Post-baby tummy
The most effective post-baby exercise is working your pelvic floor muscles, which are the ones you'd use if you wanted to stop yourself from peeing midflow.
Clench them for a few seconds and release, then repeat. Do them every day if you can.
To encourage fat burning and improving your energy levels, take fish oil supplements.
Include plenty of nuts, oils, olives, oily fish such as mackerel in your daily diet.

–Femina

MIRRORLIGHTS

Keto diet supplement may help kill cancer via cell therapy

A simple dietary supplement in ketogenic diet can boost 'CAR T' cell function — a personalised treatment that reprogrammes patients' own immune cells to kill cancer, according to a new study.

While the approach needs to be assessed in clinical trials, the early research, hints at a potentially cost-effective strategy to improve CAR T cell function and cancer-fighting abilities, according to a study from researchers in the Perelman School of Medicine at the University of Pennsylvania and Penn Medicine's Abramson Cancer Center in the US.

"Thousands of patients with blood cancers have been successfully treated with CAR T cell therapy, but it still doesn't work for everyone," said co-lead author Shan Liu, a postdoctoral fellow.

Liu co-led the study with Puneeth Guruprasad, a medical student in the Perelman School of Medicine.

The research team tested the effect of several different diets, including ketogenic, high-fibre, high-fat, high-protein, high cholesterol, and a control diet, on CAR T cell's tumour-fighting capabilities using a mouse model of diffuse-large B-cell lymphoma.

They found improved tumour control and survival in the mice receiving a ketogenic diet compared to all other diets.

In subsequent studies, they found higher levels of beta-hydroxybutyrate (BHB), a metabolite produced by the liver in response to a ketogenic diet, was a key mediator of this effect.

"Our theory is that CAR T cells prefer BHB as a fuel source rather than standard sugars in our body, such as glucose," Guruprasad said. "So, increasing the levels of BHB in the body gives the CAR T cells more power to take out the cancer cells."

The theory that BHB supplementation could improve response to CAR T cell therapy is being tested in a Phase I clinical trial at Penn Medicine's Abramson Cancer Center.

—IANS

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Kakuro

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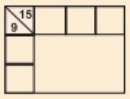

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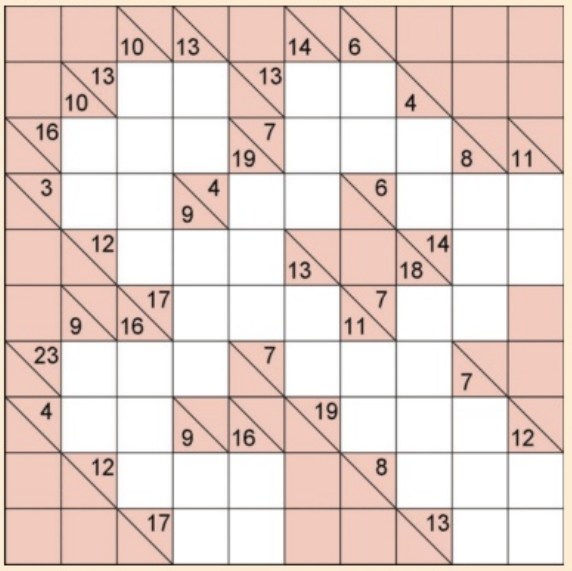

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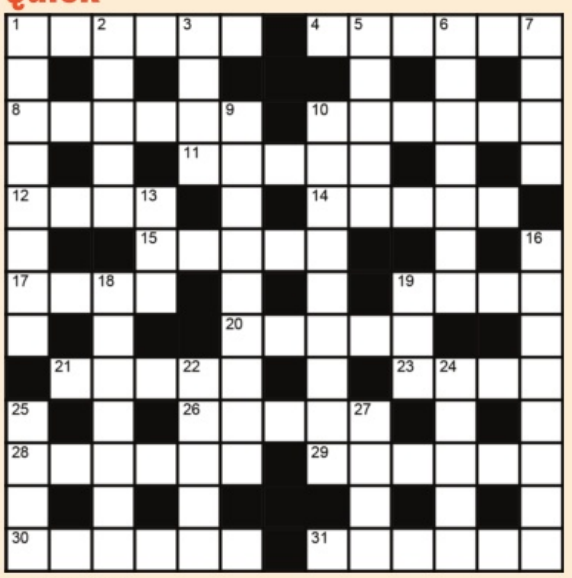


ACROSS

1 Harness for controlling the horse? (6)
4 False (6)
8 Hint; covert advice (3,3)
10 Larger or bulkier (6)
11 Lugs along (5)
12 Duty-roster (4)
14 Stretchy synthetic fabric (5)
15 Identification tab (5)
17 Amitabh Bachchan of course (3,1)
19 Our continent (4)
20 Italian poet of "Inferno" fame? (5)
21 River nymph (5)
23 Navigate the web (4)
26 Rise from one's bed? (3,2)
28 Area or locality? (6)
29 Chartered (6)
30 Eternally (6)
31 Ill (6)

DOWN

1 Casual coat like garment (8)
2 Computer data (5)
3 Elevate (4)
5 Loud (5)
6 Thinks of or considers (7)
7 Goes astray (4)
9 Prohibited (9)
10 Bangalore's largest lake (9)
13 Priestly garment (3)
16 Spring flower (8)
18 Scottish city (7)
19 Roman bronze-"sea" change ? (3)
22 Pain or distress (5)
24 To unfasten (5)
25 Extent of a surface (4)
27 Office boy (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Q EQUALS C

PK BVPL IEPFVB ZSBSEA XMS QOK'B ZMEFAB XMSE GOLB.

Linemaro

If you were a vegetable, you'd be a cute cumber

Mindchow

You are not a drop in the ocean. You are the entire ocean in a drop

Joke of the day

Employer: I will pay you Rs 25 an hour and in 3 months, raise it to Rs 50 an hour. When do you want to start?
New employee: In 3 months

Loop

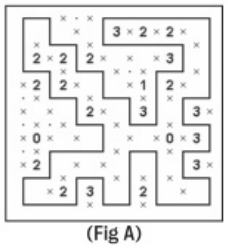
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

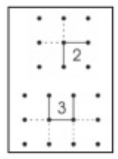
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

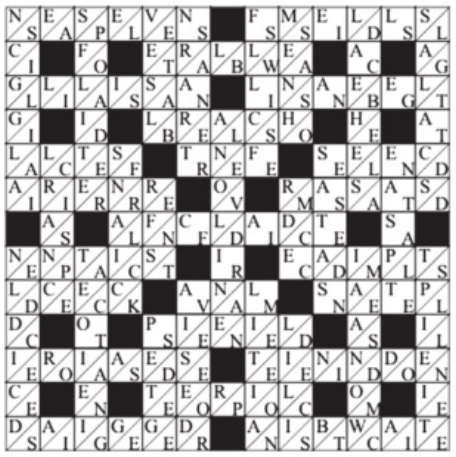


(Fig A)



(Fig B)
Not Allowed

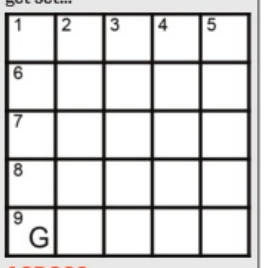
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

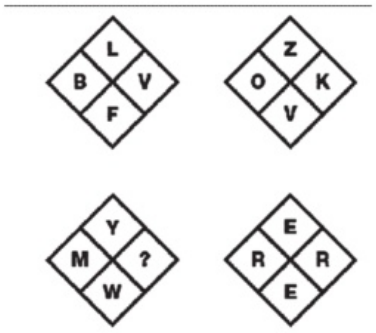
1 Colds; 6 Earls; 7 Us nay; 8 Arian; 9 G and L

DOWN

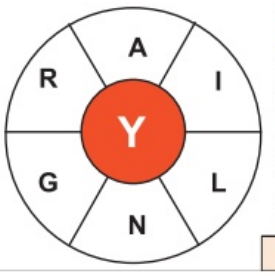
1 Lungs; 2 A clan; 3 Oasis; 4 Renal; 5 AD dry

Mensapuzzle

Which letter replaces the question mark and completes the sequence?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 11 Good; 13 Outstanding

SudokuChallenge

8	2		7		6		4	9
			3		1			
6								2
1		3		7		2		4
	5						3	
4		8		6		1		5
5								3
			4		2			
3	6		8		5		2	7

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

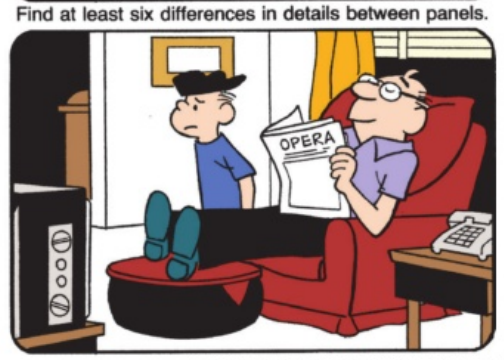
Easy = 14
2 2 3 7

Medium = 38
2 5 5 7

Hard = 44
1 9 9 4

Hocusfocus

Find at least six differences in details between panels.



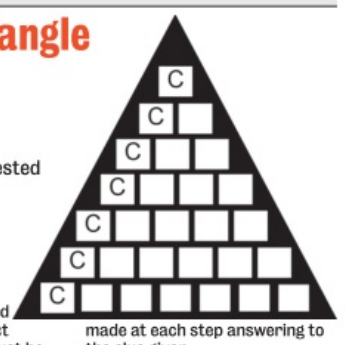
Differences: 1. Table leg is moved. 2. Sleeve is shorter. 3. Boy's arm is not seen. 4. TV dials are moved. 5. Phone is different. 6. Arm of chair is not seen.

Riddler

How many seconds are there in a year?
Hint: You don't need a calculator

Alpha triangle

1 Third letter
2 Company, abbr.
3 Seafood entree
4 Cipher
5 Managed
6 Captured or arrested (slang)
7 Hewn

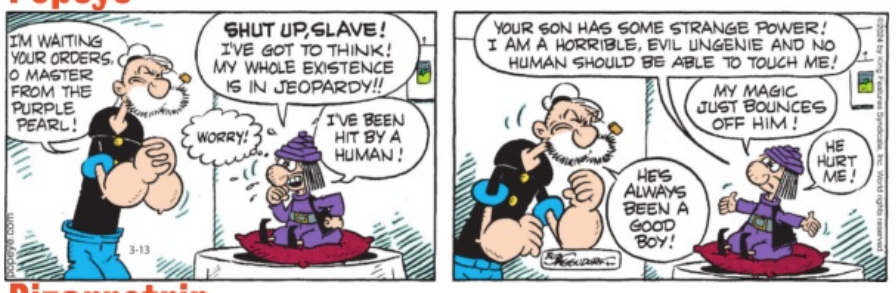


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


I'M WAITING YOUR ORDERS, O MASTER FROM THE PURPLE PEARL!
SHUT UP, SLAVE! I'VE GOT TO THINK! MY WHOLE EXISTENCE IS IN JEOPARDY!!
WORRY!
I'VE BEEN HIT BY A HUMAN!
YOUR SON HAS SOME STRANGE POWER! I AM A HORRIBLE, EVIL UNGENIE AND NO HUMAN SHOULD BE ABLE TO TOUCH ME!
MY MAGIC JUST BOUNCES OFF HIM!
HE HURT ME!
HE'S ALWAYS BEEN A GOOD BOY!

Bizarrotrip

Diamond Lil

Hart of the city

SOCIAL STUDIES
AAUUGGHH I FEEL SO RAGGED AND TIRED...
I THINK I'M STILL RUNNING ON "SUMMER" TIME.
WELL YOU CAN'T BE ANY MORE RAGGED THAN THESE BOOKS.
SOCIAL STUDIES
SHAKE
SHAKE
THIS DAY IS A WASH. LET'S JUST GO HOME AND TRY AGAIN TOMORROW.

Crankshaft

I WONDER WHY 'FAHRENHEIT 451' IS ON THE SCHOOL BOARD'S 'NOT APPROVED' READING LIST?
BECAUSE SOME PEOPLE THINK THAT IT'S THEMES ARE TOO ADULT FOR THE STUDENTS.
IT SEEMS TO ME THAT IF THE STUDENTS ARE OLD ENOUGH TO HAVE ACTIVE SHOOTER DRILLS... THEY'RE OLD ENOUGH TO READ WHATEVER THEY WANT.
Ms. MOORE

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may resolve many problems through effective communication. You might also plan to enrol in an advanced course to enhance your skills, which could benefit your career shortly. Romantic moments with your partner are likely to bring joy. You may successfully handle opponents and rivals. Additionally, you might consider applying for a house or vehicle loan.

Taurus Apr 21 – May 20
Today, you may be busy with your children's education and might travel for related matters. A change in your current job or plans for higher education to advance your career may be on the horizon. Good news related to competitive examinations could come your way. Lovebirds may cherish happy moments together.

Gemini May 21 – Jun 21
Today, you might experience changes in your place or position. It is advised to read documents carefully before signing them. Be attentive to your parents' health. Investments in risky assets could lead to losses, so it's best to postpone such decisions for a few days.

Cancer Jun 22 – July 23
Today, you are blessed by the moon, which will energise you to make swift decisions in your business. Your subordinates might help you complete projects ahead of schedule, fostering trust in your team. Disputes with siblings may be resolved. Those in jobs could receive incentives or promotions.

Leo Jul 24 – Aug 23
Today, you may control your bluntness, which could improve relationships with those around you. You might plan to renovate your home or purchase artefacts to enhance its appearance. Attending social events could expand your network. You may also consider investing in your family business.

Virgo Aug 24 – Sep 23
Today, you are blessed by the moon. After a sound sleep, you may feel healthy and enjoy every moment. The moon's positive influence will boost your confidence and reflect on your work. Old health issues may be resolved. Helping someone in need may enhance your reputation in the community.

Libra Sep 24 – Oct 22
Today, you might feel unhappy, dull, and unwell, which could affect your work performance. Delays in ongoing projects may lead to frustration and arrogance. Avoid adventure trips or reckless driving. Lovebirds might face relationship challenges, possibly leading to a breakup.

Scorpio Oct 23 – Nov 22
Today, you may secure a significant order that boosts your business. With the help of an influential person, you might gain benefits at work, including possible promotions. Job seekers may find suitable opportunities. You might plan to renovate your house or office, enhancing your status. Romantic moments with your partner could bring happiness.

Sagittarius Nov 23 – Dec 22
Today, a heavy workload might leave you mentally exhausted. You may miss or arrive late to a family event, potentially affecting domestic harmony. However, your efficiency may earn praise from seniors, possibly leading to a promotion in your current job.

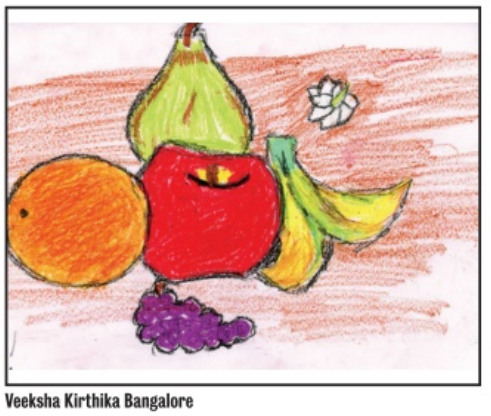
Capricorn Dec 23 – Jan 20
Today, you are blessed by elders. Recent challenges may now be resolved, and destiny may favour you. Stalled projects might restart automatically, and stuck funds may be recovered. You may also plan a religious trip with family members, strengthening your inner resolve. Opportunities for overseas or long-distance travel may arise.

Aquarius Jan 21 – Feb 19
Today, the negative influence of the moon might leave you feeling upset and irritable. Be prepared for sudden and unexpected changes in your daily routine. Profits could turn into losses, so avoid making investments for a few days. You might enter a phase of self-exploration, leading to a deeper understanding of life.

Pisces Feb 20 – Mar 20
Today, you are blessed by the moon. Stuck funds may be recovered, improving liquidity in your business. You may take a leading role in office projects and could receive incentives or promotions. Bonding with your spouse is likely to improve, fostering domestic harmony.

KIDZONE

Paridhi Kurtkoti, Bangalore



Veeksha Kirthika Bangalore

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

QUOTE UNCODE In this bright future you can't forget your past.

RIDDLER 24. If you said 12 for January 2nd, February 2nd, etc that's close, but you forgot about January 22nd, February 22nd and so on. If you are a math whiz and didn't need a calculator to perform 60 x 60 x 24 x 365, then 31,536,000 works too. If you used 365.25 to account for leap year, then you are a human calculator.

BULL'S EYE

		A		
	A	N	G	R
A	I	R	L	Y

AIRY, angry, ANGRILY, angry, gaily, gnarly, grainy, hilay, layling, lying, nary, rainy, rangy, yarn

FAST FIVE

S	C	O	L	D
L	A	S	E	R
U	N	S	A	Y
N	A	I	R	A
G	L	A	N	D

STRIKE OUT

N	A	P	L	E	S	S	M	E	L	L	S			
I	O		T	A	B	L	E		A		A			
L	I	A	N		I	S		A	B	E	L			
G	I		L	E	A	C	H		E		A			
A	C	T	S		R	E	E		S	L	E	D		
I	R	E	N	E		O	M	A	S	T	S			
A		A	F	F	L	I	C	T		A				
E	N	A	C	T		I		C	A	M	P	S		
D	E	C	K		V	A	L		N	E	E	P		
D		T		P	I	N	E	D		S		I		
I	R	I	S	E	S		T	E	N	D	O	N		
E	N		T	O	P	O	L		O		E			
D	A	G	G	E	R		N	I	T	W	I	T		

QUICK

B	R	I	D	L	E		U	N	T	R	U	S	T	
A		N		I		O		E		R				
T	I	P	O	F	F		B	I	G	G	E	R		
E		O		N		O		I		I				
R	E	G	I	O	N		R	E	N	T	E	D		
A		S		G	E	T	U	P		N		O		
N	A	I	A	D		D		S	U	R	E			
E		L		D	A	N	T	E				F		
B	I	G	B		I		A		A	S	I	A		
O		L	A	B	E	L		D				D		
R	O	T	A		R		L	Y	C	R	A			
H		U		T	O	T	E	S		A		S		
T	I	P	O	F	F		B	I	G	G	E	R		
A		N		I		O		E		R				
A	L	W	A	Y	S		U	N	W	E	L	L		

ALPHA TRIANGLE

		6				
	9	4	5			
6	3	7	9	8		
1	9	3	5	7	8	
4	2	6	8	2	6	4

SUDOKU

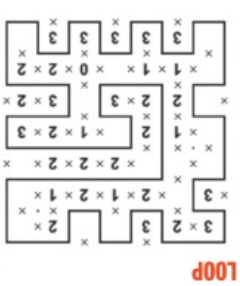
8	2	1	7	5	6	3	4	9
9	4	5	3	2	1	8	7	6
6	3	7	9	8	4	5	1	2
1	9	3	5	7	8	2	6	4
2	5	6	1	4	9	7	3	8
4	7	8	2	6	3	1	9	5
5	1	2	6	9	7	4	8	3
7	8	9	4	3	2	6	5	1
3	6	4	8	1	5	9	2	7

MENSA PUZZLE K. In each square, start with the left hand segment, and move clockwise around the others. Letters are written in alphabetical order in steps of 10 for the top left square, 11 for the lower left and 13 for top right, 12 for the lower right.

SOLVE IN 1M = 36/2×3+24
= 18×3+24
= 54+24 = 78

GO FIGURE
Easy
2 + 3 + 2 + 7 = 14
Medium
5 x 7 – 2 + 5 = 38
Hard
4 x 9 – 1 + 9 = 44

LOOP



KAKURO

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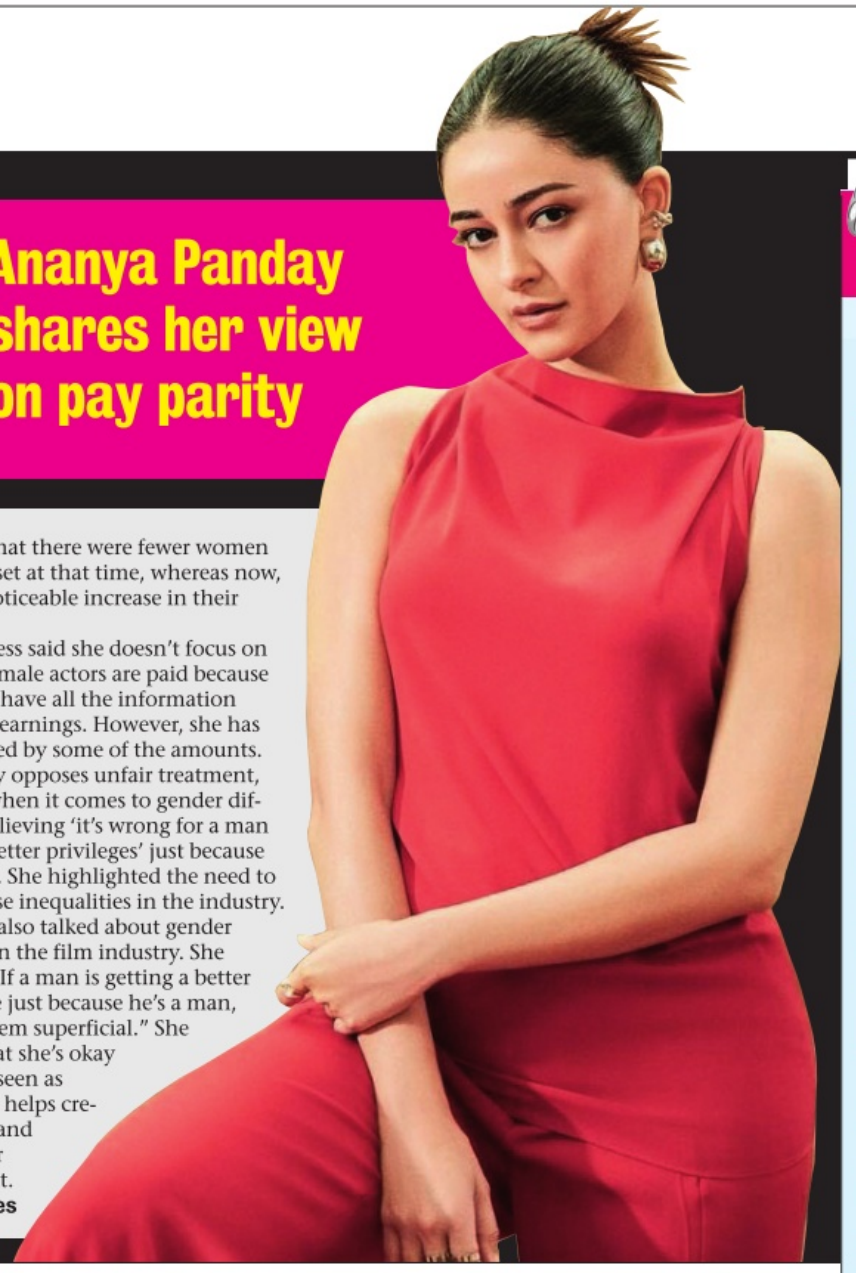
GET EVEN

Ananya Panday shares her view on pay parity



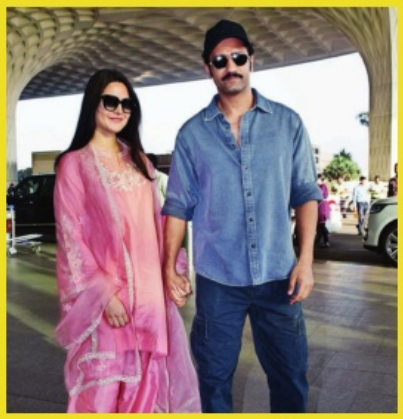
Ananya Panday has shared her thoughts on the issue of pay parity in the film industry. The actress admitted that she never really inquired about the fees of her male co-stars, but she was taken aback when she learned about the significant amounts they were earning.

In a recent conversation with Bollywood Hungama, Ananya discussed the topic of pay parity and the advancements within the film industry. She admitted that while significant progress has been made regarding both pay and the overall representation of women on film sets, there is still work to be done. Recalling her earlier experiences during the filming of 'Pati Patni Aur Woh', she noted that there were fewer women present on set at that time, whereas now, there is a noticeable increase in their presence.

The actress said she doesn't focus on how much male actors are paid because she doesn't have all the information about their earnings. However, she has been shocked by some of the amounts. She strongly opposes unfair treatment, especially when it comes to gender differences, believing 'it's wrong for a man to receive better privileges' just because he is a man. She highlighted the need to address these inequalities in the industry.

Ananya also talked about gender inequality in the film industry. She remarked, "If a man is getting a better car than me just because he's a man, that may seem superficial." She also said that she's okay with being seen as "bossy" if it helps create change and stand up for what is right.

-ETimes



Couple goals

Katrina Kaif and Vicky Kaushal delighted fans as they were spotted together at the airport, holding hands as they shelled out major couple goals. Their appearance brightened the timelines of many fans as photos from this casual outing made its way online.

The actress looked stunning in a beautiful pink suit paired with juttis, wearing her hair down, the actress accessorised her look with statement sunglasses. Vicky complemented her with an equally laid-back look. The actor looked dapper in a grey washed denim shirt and jeans, complete with a cap and glasses.

On the work front, Katrina was last seen in 'Merry Christmas', where she starred alongside Vijay Sethupathi. The film, directed by Sriram Raghavan, is a mystery romance that received mixed reviews from audiences but highlighted the fresh pairing of the two actors. Next, the actress is set to star in 'Jee Le Zara', directed by Farhan Akhtar, alongside Alia Bhatt and Priyanka Chopra. However, the release of this movie has been delayed due to the trio's packed schedules and other film projects. Vicky Kaushal has an exciting lineup ahead. The actor was set to release his historical film with Rashmika Mandanna 'Chhaava' this weekend but was delayed due to the clash with 'Pushpa 2'. **-ETimes**

Khushi shares Aaliyah's haldi ceremony pics

Actress Khushi Kapoor, who made her Bollywood debut with the streaming movie 'The Archies', attended the haldi ceremony of Aaliyah Kashyap, the daughter of Indian auteur Anurag Kashyap.

On Sunday, the actress took to her Instagram, and shared an array of pictures and videos from the haldi ceremony. In one the videos Khushi was seen applying haldi on Aaliyah. Another video shows Aaliyah sharing a kiss with her fiance.

Khushi wrote in the caption, "Haldi morning". The actress was seen donning a yellow coloured ethnic outfit as per the theme of the wedding festivity.

Khushi is the sister of Bollywood actress Janhvi Kapoor. She made her debut with 'The Archies' which was directed by Zoya Akhtar. In the film, she was seen essaying the role of Betty Cooper in 'The Archies' in which she starred alongside Agastya Nanda, Suhana Khan, Vedang Raina, Mihir Ahuja, Aditi 'Dot' Saigal and Yuvraj Menda. The film is a live-action adaptation of 'The Archies', a fictional rock band who appeared in the 1960's animated cartoon, 'The Archie Show'. The film, directed by Zoya Akhtar, was dubbed a disaster with critics unanimously panning the film.

The actress will be next seen opposite Junaid Khan - the son of Bollywood superstar Aamir Khan in an upcoming untitled film. **-IANS**

Harassed online, Barry goes off Insta

Oscar-nominated actor Barry Keoghan has deactivated his Instagram account in response to relentless and hurtful online harassment.

The actor voiced his distress over the "disgusting commentary" and "absolute lies" that have been spread about his character, family, and personal life, including his relationship with his infant son and recent breakup with singer Sabrina Carpenter.

Keoghan took to X (formerly Twitter) to address the troubling rumours and attacks that have surfaced following reports of his breakup with Carpenter and the ongoing public scrutiny of his role as a father.

In a heartfelt statement, the actor explained the toll that these unkind comments have taken on him and his loved ones. "I can only sit and take so much," Keoghan began, further adding, "My name has been dragged across the internet in ways I usually don't respond to. I have to respond now because it's getting to a place where there are too many lines being crossed." **-IANS**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Auto driver, now hero

Nagaraj aka Auto Nagaraj from Megalapura in Mandya, an auto rickshaw driver, finds himself playing the lead role in Ee Paadha Punya Paadha (meaning: This holy foot). The movie is helmed by Siddu Poornachandra, who is known for Brahma Kamala, Tharini, and Daari Yaavudayya Vaikuntakke. Sandalwood star Sri Murali unveiled the poster of the movie recently.

Auto Nagaraj told BM that he began his career working at a cinema theater and later graduated as a private bus conductor. "My passion towards movies made me come to Bengaluru in 2012 to try my luck. I had to work as an auto rickshaw driver to make ends meet. I began supplying auto rickshaws for movie shootings. My biggest achievement is I supplied around 400 auto rickshaws for the movie Sarathi that revolves around an auto rickshaw driver. I worked under Dr V Nagendra Prasad and Malavalli Saikrishna for a few years. So far, I have played small character roles in around 60 Kannada movies," said Nagaraj with pride.

He said he was very happy to have this opportunity to play the lead in Ee Paadha Punya Paadha that conveys a message to society.

Thrilling poster

The motion poster of Apaayavide Echharike indicates that the movie may very well join the list of content-oriented movies that became a huge success at the box office.

Abhijith Thirthahalli debuts as a director in Sandalwood with this movie while Vikash Uthaiah, who earned name for his performance in TV serial Annaiah, debuts as a hero. VG Manjunath and Poornima M Gowda are bankrolling the movie.

"I wrote the script based on five elements. Each character in the movie represents one element. Vikash Uthaiah plays Soori in the movie while Raghav Kodachadri and Mithun Thirthahalli play his friends. Radha Bhagavathi plays a Brahmin girl," Thirthahalli said.

The director said the movie belongs to the suspense, adventure, and horror genre. "Sunad Gautam is the music director and also cinematographer. Anand Audio bought the audio rights of this movie. The movie is expected to arrive in theaters next month," he said.